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March 1979

OB/GYN Opens Birthing Room In Labor-Delivery Suite

The OB/GYN Department last week opened a Birthing Room in the Labor and Delivery Suite, the first of its kind in the Lehigh Valley. The first patient delivered last Saturday morning.

Known as an "alternative" form of delivery, the Birthing Room is designed to look and feel like a bedroom. Flowered paper covers the walls. Two easychairs flank the draped window. The rug and dropped ceiling mute sound. An ordinary looking bed replaces the traditional delivery table.

Giving birth in the Birthing Room will not be a typical delivery in a labor and delivery room. Children are permitted to participate in the birth process. The mother may wander about the room. IV's are discouraged and monitoring equipment is not allowed. When the newborn arrives, the family may toast the new arrival with an alcoholic beverage.

According to Dr. Robert McGuire, OB/GYN Educational Coordinator at the Hospital, the Birthing Room represents a turn away from the "unfriendly, cold, and austere" environment of the traditional labor room. He notes that a century ago most births

occurred in the home. Today, most take place in the hospital, with a lowering of the maternal mortality rate to nearly zero, and a lowering of the infant mortality rate to the best in U.S. medical history.

However, over the past few years, the trend is back to home delivery and in some areas of the country 15 percent of the births are reported to be in the home. The risks of the newborn in home delivery increase at least twofold. There is no fetal monitoring equipment, no trained staff, no life-saving oxygen, nor emergency operating rooms in a home delivery. If the newborn is in danger there is no available pediatrician, and no nursery with

skilled nursing staff.

The alternative is the Birthing Room like the one here. In the event that mother, newborn, or both are endangered, sophisticated medical help is available.

Prior the 1975 few hospitals offered birthing rooms. Today, however, more than 1,000 of the nations 6,500 hospitals offer this alternative.

The changeover from labor room to Birthing Room was relatively simple and inexpensive. Hospital maintenance department carpenters, electricians and painters completed the redecoration job in about a week.

According to Dr. McGuire, the
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SALUTE TO THE HOSPITAL AUXILIARY

The Allentown Hospital Auxiliary has once again provided the Hospital with a new and valuable service.

The most recent donation from the 350-member group was nearly \$9,000 for the new Birthing Room in the Labor and Delivery Suite. The first patient delivered in the Birthing Room, March 24.

The Auxiliary funds were used to redecorate the Birthing Room and pay for labor costs. The most costly item for the room was the Birthing Bed which cost \$5,000. Designed to resemble one in a bedroom, the bed breaks away into a delivery table at time of birth.

According to Mrs. Elmer Bausch, Auxiliary President, the group has donated approximately \$450,000 to the Hospital in the past decade. In the last year the Auxiliary has donated about \$70,000 for various services and equipment.

Last May the Auxiliary donated \$50,000 for purchase of a Two Dimension Reel-Time Ultra Sound Unit in the Heart Station. The group also has donated \$10,000 for new telemetry equipment in the Emergency Room.

The Auxiliary raises the funds through various benefits, according to Mrs. Bausch.

ALLENTOWN, ASHHC FILL RESIDENT SLOTS

The Allentown Hospital and ASHHC have selected 16 new residents for available first year slots in four post graduate residency programs at the two hospitals.

The residency programs include Internal Medicine, Flexible Medicine, Surgery, and Obstetrics and Gynecology, (OB/GYN).

All 16 new residents were "matched" to the residency programs - the programs represented their first choice and the hospitals selected the 16 as their first choice.

The matching process is conducted by computer with hospitals and physicians each paired according to preference.

In all there are 18 available first year slots in the four residency programs. The two remaining positions, one in OB/GYN and one in Surgery, will be filled prior to July when the programs begin for new residents.

The Medical and Flexible Medicine programs scored a "perfect match." The 12 new residents in both programs selected the programs and the hospitals selected the 12. Eight of the 12 will enroll in Internal Medicine, a three year program to train internists through closely supervised clinical experience. The four residents in the Flexible program spend one year becoming acquainted with various specialties.



NEW BOARD MEMBERS

J. Walton St. Clair, left, President of the First National Bank of Allentown, and Dr. Walter J. Okunski, right, Allentown Plastic Surgeon, have been elected to the Hospital's Board of Directors. See story on Page 2.

OB/GYN Opens Birthing Room In Labor-Delivery Suite

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birthing room concept encourages the family bonding process so often lost in the traditional labor and delivery setting. By the family unit sharing the experience, the joys, and the intensity of childbirth, the building of a tighter family unit (bonding) can occur.

Recent research supports the concept of bonding or close physical contact in the first hours and days after birth. After two years the bonded children studied were more verbal and scored higher in IQ tests. There is also evidence that children from the

bonding process suffered less abuse, fewer accidental poisonings and weight gain problems.

Dr. McGuire notes that families involved in the bonding process are less likely to divorce and there is less sibling rivalry.

Efforts to strengthen the bonding process in the Allentown Hospital began a number of years ago with the establishment of prenatal classes for prospective parents. Later, fathers were permitted into the labor and then the delivery rooms. Presently, fathers can be present at most cesarean-

sections. Also available are early postpartum nursing, rooming-in, and sibling visitations.

The Allentown Hospital Birthing Room was one of five labor rooms in the Labor and Delivery Suite where more than 2,000 births occur each year. As demand for new service increases, the Hospital may convert other labor rooms into birthing rooms.

BANKER, PHYSICIAN ELECTED TO BOARD

J. Walton St. Clair, Jr., President and Chief Executive Officer of the First National Bank of Allentown, and Dr. Walter J. Okunski, M.D., Allentown Plastic Surgeon, have been elected to the Hospital's Board of Directors. The appointments took effect two weeks ago.

Mr. St. Clair was named President and Chief Executive Officer at First National Bank in June 1978 following a distinguished career at Girard Bank of Philadelphia.

A native of Philadelphia, Mr. St. Clair is a graduate of the College of William and Mary and the Wharton School of the University of Pennsylvania. He joined Girard Bank in 1957 as a credit analyst and rose through the ranks to become Executive Vice President in 1976.

Mr. St. Clair serves as President and Chairman of the Board of the Greater Philadelphia Venture Capital Corp., is on the Board of Directors of Cedar Crest College and is a Trustee of the Endowment Fund of the College of William and Mary.

Mr. St. Clair is a resident of Orefield. His wife is the former Elizabeth Anne Bartlett. The couple has four children.

A native of Utica, N.Y., Dr. Okunski is a graduate of Colgate University and the Upstate Medical Center, Syracuse, N.Y., where he received his medical degree. Following an internship and four years of surgical residency, he completed a two year residency program in Plastic Surgery from 1966 to 1968 at the Allentown Hospital. He is on the staff of The Allentown Hospital, ASHHC and Sacred Heart Hospital and maintains a practice in plastic and reconstructive surgery with Dr. Allan Trevaskis and Dr. Andrew Heffernan. He served in the Navy from 1968 to 1970.

Dr. Okunski serves on the Board of Directors of the Lehigh Valley Society for Crippled Children and Adults and the Eastern Pennsylvania Trauma Society. He is a member of the American Society of Plastic and Reconstructive Surgery, a Fellow of the American College of Surgeons and a member of the American Burn Association.

A resident of Allentown, he is married to the former June Feldmann. The couple has three children.



BIRTHING ROOM BOYS — The people who brought you the Birthing Room are, from left to right: John Shushinsky, plumber; Joseph Azzalino, painter; Norman Weaver, carpenter; Gustave Pumm, painter; Jeff Downs, seated, painter; Arnold Fritz, electrician, and Ed Vitcher, carpenter. These members of the Engineering Department spent about a week redoing one of the labor rooms, transforming it into the Birthing Room.

ALLENTOWN, ASHHC FILL RESIDENT SLOTS

(Continued from page 1)

In all there are 28 residents in the Medicine and Flexible programs and two Chief Medical Residents. Both programs are under the direction of Dr. Dean Dimick.

In the two other residency programs, three residents were matched in Surgery where four slots were open, and one resident was selected in OB/GYN where two slots were open. The remaining two positions will be filled before July 1.

In all there are a total of 13 surgical residents at both hospitals. The surgical program involves five years of training and is under the direction of Dr. Donald Gaylor.

The OB/GYN residency is a four-year program with a total of eight residents, two in each year. The program

is limited to the Allentown Hospital. Program director is Dr. Robert McGuire.

PROGRAMS ACCREDITED

The three major medical residency programs at The Allentown Hospital and ASHHC have been re-accredited for a three-year period by the Liaison Committee on Graduate Medical Education (LCGME), a combined panel representing five medical groups in the country.

The residency programs approved were the Obstetrics and Gynecology (OB-GYN) program at The Allentown Hospital, Surgery at Allentown and ASHHC and Internal Medicine, also at both institutions.

LCGME is an accrediting body representing the American Board of Medical Specialties, the American Hospital Association, the American Medical Association, the Association of American Medical Colleges and the Council of Medical Specialty Societies. It thoroughly reviews all residency programs at hospitals throughout the country.

THE PROBE

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UPDATE. . .

Personal Achievement

Mrs. Sandra Lloyd, Instructor, Nursing of Children, has received her Master's Degree in Secondary Education from Lehigh University. Mrs. Lloyd is a 1967 graduate of the Nursing School and received her BSN from the University of Pennsylvania.

Assistant Personnel Director

Larry Volkel, former Manager of Medical Records, has been named Assistant Personnel Director under Mrs. Weider. Larry has been with the Hospital for seven years. He says he will be learning about "the entire setup" in personnel.



Larry R. Volkel
about "the entire setup" in personnel.

A native of Nanticoke, Larry is a graduate of Wilkes College in Business Administration. He served in Viet Nam with the Army.

Parenting Series

The second series of "Parenting" classes began last week and will run a five-week period. The first such classes were inaugurated in January under the sponsorship of the Pediatrics Department. Mrs. Ann Duerst is coordinator of the program. Classes are held at the Hospital.

The classes are open to all parents. However, the focus will be on infants and toddlers. Classes will be held from 7:30 - 9:30 p.m. Tuesdays at the Hospital. The cost of the five week program is \$10.00.

For additional information, contact Ann Duerst, 395-1044.

For Play Therapy

Bio Medical Applications needs the following items for play therapy for dialysis patients: scrap material, puzzles, craft supplies, scissors, glue, yarn, games, construction paper, poster board, cards, bingo, yarns, stick pins and magic markers. Send them to Mrs. Stahler, Supervisor, Renal Unit.

Expresses Thanks

Sharon Edelman, RN, T-5, wishes to thank all those friends and staff members for the many cards and expressions of sympathy following the recent death of her husband, Barry.



THE RIGHT SLOT — Kenneth Snyder, a MORA volunteer for the Hospital, sorts mail in the "new" mail room on the ground floor, East Wing, between the Heart Station and Section B. Snyder is one of several volunteers, under Hazel Kramer, who sort and deliver mail.

Remember — The Lehigh Valley Poison Center is located in the Hospital's Emergency Room.



In the event of a poison emergency, at home or in the Hospital, dial this emergency number. Help is a telephone call away.

HONOR STUDENTS

Members of the Class of 1979, Nursing School, who achieved Honor Roll status (grade of 93 or above) at the completion of Level III, Term 4 are: Lori Barrell, Karen Davis, Diane Dilks, Cheryl Mohr and Laurene Schmehl.

Members of the Class of 1980 who achieved Honor Roll status (grade of 93 or above) at the completion of Level II, Term 3 are: Laurie Croll, Michele Diaz, Paul Evans, Alexandra Goss, Joanne Hertzog, Christine Hooper, Deborah Rabuck and Alix Wildrick.

LETTERS . . .

March 19/79

Dear Mrs. McGonigle,

My name is Ellen Miller, I'm 26, married, and have two children. Recently on Feb. 5 of this year I was a patient on your ASU floor. I'm writing this letter to compliment the nursing staff, surgical staff, and anyone else involved with the unit.

I was nervous enough about going in for surgery; but going as an outpatient I was reluctant about being in a large ward and probably being forgotten the minute you arrive. Believe me I'm not the type that expects to be waited on, I'm more the type to worry about the next person.

More care, attention, and compassion any individual could not have wanted for. The floor that day was

NEWSLETTER

The Hospital's Dental Department has distributed a pamphlet entitled "You Can Save That Tooth" to all of the school nurses in the Lehigh Valley, as a public service to the community.

Dr. Charles Kosteva, Chairman of the Dental Department, states that this pamphlet describes emergency procedures on what to do when a tooth is avulsed (knocked out) from the mouth.

LPN Banquet

The annual LPN Banquet will be held May 30 at the Village Inn, Tilghman St., beginning at 6:30. Dinner is served at 7 p.m. Speakers for the evening will be Rev. Harold Sell and Dr. Dawn E. Costella of Cedar Crest College.

For more information, contact Gladys Allen, Schaeffer 4, President of the Allentown Division, LPNAP.

All LPNs and RNs are invited to attend.

totally full and the nurses had their work cut out for them. It did not keep them from taking time with each person repeatedly as if you were in a private room. Their constant smiles helped lose the fear of surgery also.

I could go on and on but I'm sure to forget to praise something. Most times people write to complain but if something is good we fail to comment on it.

Please let the staff know that with the hundreds of people that pass through that unit every year and some days they think their not appreciated for the hard work and kindness, believe me they are.

I compliment you and your staff in the ASU on an efficient and well run floor.

Thank-you again,
Ellen Miller

UPDATE . . .

Staff Group Meets

The General Staff Organization meets the last Thursday of each month from 2 to 3 p.m. in the auditorium. All RN's, LPN's and Aides are invited to attend along with the delegated representatives from each floor. Mrs. Weider addressed the group March 29. Mr. Schlonecker, (Mr. "S") will be available for questions April 26. The General Staff Organization is a group established to discuss common problems and aspirations.

Nursing School Activities

The Alumni Association of the Nursing School will honor the graduating class at a dinner April 9 at the Ambassador Restaurant. Contact Mrs. Kotsch for details.

The Spring Formal, sponsored by the Student Association, will be held April 20 at the Holiday Inn East. Questions should be addressed to Mrs. Readinger.

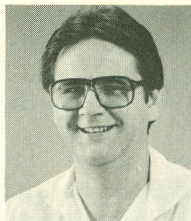
The Junior-Senior Banquet will be held at the Lehigh Valley Club April 30. The dinner is sponsored by the Junior class in honor of the graduating class. Questions should be addressed to Mrs. Lloyd or Mrs. Rothermel.

An Easter candy sale is in progress, sponsored by the Class of '81. Contact Mrs. Hoffman or Mrs. Reker.

Assistant in Housekeeping

Michael Burke has been named the new Assistant Housekeeping Supervisor under Clayton Lentz. Before coming to the Hospital several weeks ago, Michael was manager of operations for a cleaning establishment.

Michael is a resident of Allentown.



Chatter

FOR SALE — G.E. Portable dishwasher, avocado grn w/cutting board top. Call Diane, 437-6049.

FOR HIRE — Will do housekeeping in Allentown, Wescoesville and Trexlertown area. Anyone interested in having their home cleaned call 398-2027 aft. 4 p.m.

FOR SALE — Wooden hospital beds, \$25.00. See Clayton Lentz, 821-2220.

Births

Brett Brody, Staff Pharmacist, is the father of a baby girl, Leah Shoshana, born on February 16.

DOCTORS' CORNER

Six Certified

Six physicians, all former Internal Medicine residents at Allentown Hospital and ASHHC, have passed the certification exam given by the American Board of Internal Medicine.

The six are Dr. John Benner, Dr. David Carney, Dr. Deborah Meadows, Dr. Robert Oriel, Dr. John Rule and Dr. Fred Steckel. All completed the Internal Medicine program last year.

Dr. Benner is in private practice in Tunkhannock, Dr. Carney will be going into private practice, Dr. Meadows is in a Rheumatology Fellowship at the University of Texas, Dr. Oriel is completing a Fellowship in Cardiology at ASHHC and Allentown Hospital, Dr. Rule is an Army physician at Fort Wainwright, Alaska, and Dr. Steckel is in private practice in Bellows Falls, Vt.

Dr. Krisukas Certified

Dr. Vera Krisukas, General Practitioner on the Hospital Staff, recently was certified by the American Board of Family Practice Medicine. A graduate of Temple University, Dr. Krisukas has been in practice since 1946.

Staff Notes

Dr. Russell Puschak, Chief of Pediatrics, has been named Chairman of the State Chapter, American Academy of Pediatrics.

Dr. Charles Umlauf, Chief of Psychiatry, has been appointed to the Board of Directors of the American Medical E.E.G. Association. He is also a Council Member, Pennsylvania Psychiatric Society.

Dr. Greg Radio, staff member, OB/GYN Department, is a member of the Childbirth Education Association.

Scoliosis Clinic

Dr. David Sussman, Orthopedic Surgeon, has started a Scoliosis Clinic in the Hospital's Outpatient Department on the ground floor. The clinic is held once a month and is designed for Scoliosis patients ages 9 through 14 years old.

Scoliosis is the medical term for curvature of the spine.

The clinic is part of an overall educational program to locate and treat children and adolescents with Scoliosis in local schools. If patients do not have a family physician, they may visit the clinic.

Hospital Chatter

FOR SALE — 1976 Honda CB500T, full front fairing, saddle bags. Very good Condition. Call 791-3919 aft. 5 p.m.

FOR SALE — Kenmore flatbed sewing machine with 10 built-in stitches, buttonhole and numerous other attachments. Portable carrying case. 25 year head guarantee. Excellent condition. \$100. Call Fran Heffner, 434-5472 evenings.

FOR SALE — Skis, boots, bindings and poles. Exc. cond. women size 8 boot. Hart skis 190-s. Everything \$100 or best offer. Call Lynn, 821-2214.

FOR SALE — Zenith Blk & Wht TV (portable) with stand. Like new. Phone J. Boyle, 398-3338.

FOR SALE — 1967 International Step-Van. Inspected, running, good tires. \$1,095. Phone 439-0391.

FOR SALE — Dinette set - Spanish style, 42" round formica table w/leaf. 4 matching chairs (swivel). 12X16' green, short, shag carpet w/pad. Baby items - good cond., dressing table, wht. wicker, 3 drawers. Stroller w/canopy, diff. positions. Booster seat. Will accept best offer. Call 433-8286.

FOR SALE — Organ, Hammond A-100, full 20 octave pedals, double keyboard. Call 433-2415.

Comings -- Goings

COMINGS

Herr, Linda	Gen Staff Peds	Eve
Smith, Eileen	Gen Staff Peds	Ngt
Getz, Susan	Gen Staff	Day
Bennett, Barbara	Instructor	Ngt
Santay, Joyce	Instructor	Eve
Hersh, Lynette	Technician	Day
Mosser, Pearl	Med. Trans.	Day
Metzgar, Patricia	Technician	Day
Rios, Augustine	Dishmachine Oper.	Day
Amhurst, Sydnor	Hskg. Aide	Day
Cadden, John	Hskg. Aide	Day
Donesecz, Patricia	Hot Food Cart Pers.	Day
Lehrman, Edward	Hskg. Aide	Day
Peovesan, Angela	Hskg. Aide	Day
Raymond, Helen	Hskg. Aide	Day
Smith, Billy	Hskg. Aide	Day
Miller, Chris	Linen Room Worker	Day
Frahner, Charles	Accountant	Day
Bartow, Rebecca	Gen Staff Float	Day
Schaffer, Adele	Gen Staff Float	Ngt
Heydt, Debra	Gen Staff W3	Eve
Tyrell, Jean	Gen Staff S4	Ngt
Sassaman-Soncrant, Carol	Gen Staff ICU	Eve
Hahalis, Elizabeth	Head Nurse T4	Day
Katch, Mary	Hot Food Cart Pers.	Day
Tannous, Rita	Hot Food Cart Pers.	Day
Aleman, Eric	Hskg. Aide	Eve

GOINGS

Peters, Alma	Gen Staff T3	Ngt
Knauss, Constance	Gen Staff W3	Eve
Dios, Elba	Phlebotomist	Day
Manning, Carol	Chief Technician	Day
Laubach, Anne	Med. Trans.	Day
Loughman, Donna	Receptionist	Day
Secord, David	Special Tech.	Day
Bulishak, Maryann	Caseworker	Day
Dallago, Norman	Dishmachine Oper.	Day
Silva, Anthony	Hskg. Aide	Day
Stoudt, Gerald	Porter	Day
Rupert, Amy	Clerk II	Day
Henninger, Catherine	Gen Staff T4	Ngt
Donaldson, William	Orderly	Day
Harting, Katherine	Technician	Ngt
Cressman, Cynthia	Technician	Day
Knappenberger, Susan	Hot Food Cart Pers.	Day
Ziegler, Dean	Dishmachine Oper.	Day
Copeland, Stephanie	Hskg. Aide	Day